

# Specialist's Newsletter

Highlights from A&E, Music, Library and P.E.



STUDENTS PERFORM TREE (ABOVE) AND UP DOG (LEFT) IN THEIR RECENT YOGA UNIT IN P.E.



**P.E.**

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## P.E. Happenings

News and notes from Mrs. Duffus, P.E. teacher

We just concluded a two week yoga unit in P.E. Students learned 33 poses and were challenged to come in front of the class to demonstrate one pose each at the end of the unit. Hopefully you had a chance to learn a few of the poses when your child brought home their yellow sheet for you to sign. Moving slowly through poses, proper breathing, and listening to one's body were the main objectives of the yoga lessons.

## Music Notes

Mrs. McLarney,  
Music

In music, students are practicing rhythm skills by playing rhythm sticks to world music from several different countries. They also listened to the book and song "What a Wonderful World" which celebrates the beauty and harmony in the world around them through the lyrics by Bob Thiele made famous by Louis Armstrong.



## BOOK MARKS - CHERI/MRS. MCLARNEY, LIBRARY/A&E

**In A&E classes, students learned about Martin Luther King, Jr and also ways to be helpful in and around their community.**

